

Ball Play

I'd like to have someone play
ball with me
We'll bounce it, and roll it so
merely
We'll try to jump over it 1-2-3
Oh come and play ball with me.

1. Toss and catch. Repeat.
 2. Bounce + catch - roll back to partner.
 3. Bounce under rt. leg - repeat.
 4. Toss ball to partner (exchange) -
finish w. single bounce + catch.
- Chorus - Skipping - Bouncing Ball
(circle formation)

Individual Creative Ball Play

Over + over I bounce my ball
Bounce my ball, bounce my ball
Over + over I bounce my ball
All on a sunny day.

The Butterfly

Variation by J. Bellows

"I wish that I could float thru air"

Step, step, step, step, step, leap
land lightly. Arms held gracefully
outstretched at sides.

"And circle round and round"

With your feet buzz step
around while the arms go - one
going up while other comes down
obliquely with force - Keep arms sti.
going to beats of music until end
of "round."

"I'd wave my arms"

Wave both arms from rt. to
rt., + then rt. to lt.

"and hop + skip"

Hop + skip in little circle.

"But cannot leave the ground"

Step jump + sit down cross
legged.

"But I can whirl + whirl + whirl"

Standing up gradually while
you whirl round and round.

Straightening up your body until
at end of music you are stretched
up on your toes; arms stretched
above your head.

- A (a) Warming up - arm & leg
 (b) Lateral & lower back
 (c) Transition & upper back
 (d) Abdominal
 (e) Lateral arm & leg 1-5.

B. Exercise of strength - stall bars.

C. Exercise for agility

Marching

Running

- Ex. 1. Opp. arm swinging forew. & bkew.
 2. Single arm circ. 1 alt. with extensions. 3 cl's. each. (shoulder joint)
 3. Easy heel raising, knee bending
 4. Easy arm sw. - fall. by easy & strong arm sw. fall. and alternated w. str. sw. fall. by arm sw. deep knee. bd.
 5. Easy arm sw. clap floor 4 claps.
 6. Squat trunk spr.
 7. Jump to str., 2 jumps in place, arms sw. sideways, stick. downw.
 8. Stride angle st. trunk tw.
 9. Hop w. alt. toe touching sideways (lt. & rt.) jump in place, to squat, to place.
 10. From this position long sit. w. help of hands.
 11. Yd. long ly. head lift. w. ankle flexion. alternated w. chest lift. & head extension.
 12. Trunk lift. & long sit. lowering

to back leg.

13. Front leg alt. ankle knee flexion & extension.

14. Ankle flexion back

15. Stand. w. alt. toe touching sides. twice, foot lift. on 2nd count & w. arms opp. arms lift. & lowering on 3rd count.

16. Arm strength. Hd. kn. pt. double A flexion.

17. Toe pt. arms raising sides. to high ring position deep kn. bd. half hd. rest 1 half yd. Return to half rest, ring position.

18. Sq. pull single sq. pos. fall. by 20 circle fall. side bd.

1. Mobility

2. Shoulder joint mobility

3. Instep, ankle, leg flexibility.

4. Shoulder joint flexibility of shoulder girdle leg stretching.

5. Resting - flexion of legs & lower back.

6. Leg strength & flexibility.

7. Agility & co-ordination

8. Mobility of upper back

9/17 - Mobility of shoulders

" " upper back flexibility & mobility of shoulder girdle.

10. Agility

11. Flexibility of legs

12. Neck & upper back

Strength of abdominal, upper & lower back.

13. Co-ordination & flexibility, strength.

14 -

15 -

16 Balance & leg strength.

Back stretching with help.

Arm circling and trunk springing with support.

Stall Bar -

1. Ex. for leg flexion

2. Back grasp. Climb down w. tr. sup.

3. Sit on floor long ptt. on bars

4. Str. gr. ankle st. back ptt. w. help.

5. Arm ptt.

6. Reverse hanging

7. Str. angle ptt. & flex. & exten.

On lowest bar - arm flexion & extension.

ptt. gr. tr. sup.

supp. long ptt. w. help ptt. gr.

angle st. upper bk. flex.

Span bd. - back strength

hds. gr. ft. forward, someone pushing.

A bd. ptt. supp. long ly. tr. lift & lowering hanging.

Agility - running, single jump over low box. Double " "

" " - turn " "

Fundamental Gymnastics

1. Easy Arm swinging - raise arms forward. drop to sides with a clap completely relaxed. Raise sides. + drop to sides w. clap. Repeat several times finally doing movements smoothly without any clap.

2. Easy + strong - raise arms forward. + down + up w. a quick, strong movement. Repeat. Keep head well back + with strong movement come forward. slightly on ball of foot.

Square Swinging -

3. Raise arms forward. + sides. shoulder height - push them back several times seeing how far they will go, coming forward. slightly on ball of feet. Do one arm at time & then both together.

4. Heel raising + deep knee bending - heel raising in rhythm several times. Practice deep knee bending. Try both together followed by doing it all in rhythm.

5. Small jumping on spot - heel raising easily with slight giving of knees springing up. more + more until it is a small jump. Concentrate on light landing + easy springing from toes.

6. Squat Trunk Springing -

Continued from last exercise -
two easy jumps on spot + spring
to squat position, spring up with
two easy jumps on spot. The squat
position should be also continued from
kn. bending. Knees should be
well out with heels together. The
spring should be on toes.

Fundamental Gymnastics

1/10

Table for tight hamstrings:A. Warming-Up:

1. Marching w. high ~~low~~ bd. stretch. outw. and down taking step - arms stretch upw. forew. and downw.
2. Walking w. long steps reaching forew. as far as possible.

B. Lateral + Lower Back:

1. Arms sw. forew. & backw. tr. spr. downw. gradually until hds. brush floor.
2. Long ptt. tr. spr. forew. until ~~head~~ ^{head} touches ~~head~~ ^{knees} _{stride}.
3. Angle pt. w. tr. tw. + parallel arm sw.
4. Str. pt. w. single arm sq. sw. alternately w. easy + strong arm sw.

C. Transition + Upper Back:

1. Long ly. chest lift. w. head ~~back~~ ^{back} - tr. spr. upw. to meet legs - head coming last.
2. Prone ly. push up w. straight arms + legs - jump to crouch + up to position.

D. Abdominal:

1. Long ptt. alternate legs lift. + then both together.
2. Long ly. legs lift. slowly to rt. angles + down slowly.

E. Lateral Arm + leg:

1. Opp. toe touching sides. w. jump.
+ arm movement.
2. Opp. leg lifting w. jump.
3. Arms lift. up. sides. + down.
- w. kn. lift. + leg stretch. sides. + down.

Fundamental ~~Basic~~ Gymnastics

1. Easy arm swinging - - - flexibility of shoulders
2. Square swinging - - - chest stretching + flexibility of shoulders
3. Heel raising + deep kn. bd. - - - Legs strengthening + balance.
4. Toe touching lt., rt., - - - Coordination + lift lt. behind agility.
5. Small jumping - - - Ankle flexion + on spot lightness.
6. Prone ly. w. hds. - - - Flexibility of on foreheads. Raise upper back. + lower head + chest.
7. Kneeling w. hds. on floor bending arms - - - Strengthening arms until elbows touch floor
8. Flat ly. raising - - - Neck + ankle head + flex ankles flexion
9. Flat ly. w. toes around - - - Abd. + lower back. wrong of stall bars - spr. up to touch head w. kn. + back
10. Trunk pitch. w. aid - - - Abd. + back strengthening of stall bars. Helped by second person.
11. Sloop standing hanging - - - Flexibility of back onto bars - partner pumping your back up + down.
12. Sq. swinging + 2 claps on floor - - - Back, chest + shoulders

Unit I - Objectives

General

1. Physical Development
2. Resulting qualities of agility
flexibility
balance
poise
control of the body
3. Motor skills, coordination, desirable mental habits, social relationships and reactions.
4. Desirable character traits - initiative, courage, self-evaluation, tolerance, co-operation, leadership, followership, perseverance, desire to achieve.
5. To develop creative capacities.
6. Recreational value carry over.
7. Rhythmic sense.

Specific -

Example - to teach students how to do a forward roll, etc.

Unit II - Safety

A. Skills

1. Sufficient skill in activities differed to recognize the elements of danger.

B. Knowledge of

1. Suitable activities - age, sex, etc.
2. Teaching progressions



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